

ART STARTERS

SOCIAL EMOTIONAL LEARNING WITH ART
From the Nelson-Atkins Museum of Art

GROUNDING ACTIVITIES

Engaging with works of art can promote mindfulness and a sense of wellbeing for students and their adult caregivers. Art can invite wonder and curiosity and provide an opportunity to disconnect from the worries of the day.

Grounding Activities cards contain suggested exercises such as deep breathing, meditation, muscle relaxation, and crossing the midline alongside works of art from the Nelson-Atkins. Although we have suggested specific art pieces, the exercises can be paired with a wide variety of works. Students and adults are invited to participate in this experience at their own comfort level.

Grounding Activities can be approached or modified in many ways. You may find them particularly useful during transitions (such as moving from a high-energy activity to something that requires a calmer state), periods of heightened emotion (including frustration, giddiness, or anxiety), or any time it would be helpful to reconnect with the body and the present moment.

It is important to remember that some children may struggle with mindfulness. Please validate each child's individual experience as they work to engage with each work and activity. It may be helpful to practice these activities when in a calm state, in order to build skills for when they are needed.

This content serves as an educational tool for supporting social-emotional learning. Under no circumstances shall the information and content herein be considered a substitute for professional medical advice. Please seek professional medical help when needed.

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